



KY-Moms

Maternal Assistance Towards Recovery (MATR)

07/17/2018

DBHDID: Adult Substance Use Treatment & Recovery Services Branch

How Does it work?

Prevention Education is Key!

Substance Use Prevention Education services are offered to pregnant women by using targeted, evidence based prevention strategies for the reduction in rates of babies being born exposed to alcohol, tobacco and other drug use and abuse. Prevention strategies include community-based process, environmental strategies, education, problem identification and referral, information dissemination and alternative strategies.

Case Management Services

Case Management services may be provided throughout pregnancy and up to 60 days postpartum, even if the woman does not go into treatment. Through case management services, a woman's immediate needs (e.g. safety, housing, medical care, childcare, financial assistance, employment, and GED, etc.) will be identified and addressed. Women will be engaged with programs such as HANDS, WIC, and prenatal care; along with referral to services for substance use treatment if necessary. Women involved in case management services will be able to maximize their functioning in the community through community supports, while reducing barriers to a healthier lifestyle.

Statewide Contact Information:

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KY-Moms MATR: A Healthier Start

The use of substances during pregnancy can cause problems for both the mother and the infant. Prenatal exposure can lead to intellectual and other developmental disabilities, mental health and behavioral problems, difficulty with learning, and poor health outcomes.

KY Moms MATR improves Kentucky birth outcomes by helping pregnant women recover from substance use disorders. By engaging high-risk pregnant women in prevention education, intensive case management, substance use treatment and other needed services, moms are able to provide their babies with a healthier, safer start in life.

The Division of Behavioral Health offers the KY-Moms MATR program through the fourteen (14) regional Community Mental Health Centers (CMHCs). Funding is provided from Tobacco Settlement dollars and Kentucky's Federal Substance Abuse Prevention and Treatment Block Grant, along with Medicaid billing.

Kentucky's Initiative: Serving those at Risk

As part of the KIDS NOW Early Childhood Development Initiative, the Kentucky Division for Behavioral Health, Adult Substance Abuse Treatment & Recovery Services Branch is implementing a statewide effort aimed at increasing the health of all Kentucky babies by decreasing the use of substances during pregnancy.



Some components that comprise this initiative include:

- ❖ A Medicaid benefit package providing a full continuum of substance abuse prevention and treatment services to Medicaid-eligible women who are pregnant or postpartum up to 60 days.
- ❖ Substance use prevention education and treatment services for non-Medicaid eligible pregnant women and women with dependent children.
- ❖ Outreach efforts aimed at better identifying pregnant and postpartum women in the community, who are in need of substance use prevention or treatment, and engaging them in those services.
- ❖ Collaborative efforts between substance use prevention and treatment services to provide a full continuum of care to pregnant and/or parenting women in need of various types of services.